

## Nutrient Analysis Data Form

Data submitted for this product are on (check one):

“As Served” basis \_\_\_\_\_ ”As Purchased” basis:\_\_\_\_\_

Brand: \_\_\_\_\_

Product name: \_\_\_\_\_

Product code: \_\_\_\_\_

CN label number: \_\_\_\_\_

Package size: \_\_\_\_\_ lb. \_\_\_\_\_ fluid oz. \_\_\_\_\_ grams

Standard serving: \_\_\_\_\_

Number of servings per package: \_\_\_\_\_

Weight per serving: \_\_\_\_\_ grams

Analysis based on: \_\_\_\_\_ (100 grams or servings)

A value must be entered for each nutrient. If the food item does not contain a specific nutrient, enter zero (0).

Nutrients	Measurement	Fill in Nutrient	Unit Weight
Calories	xxx	_____	kcal
Protein	xx.xxx	_____	grams
Total fat	xx.xxx	_____	grams
Saturated fat	x.xxx	_____	grams
Carbohydrates	xx.xxx	_____	grams
Total dietary fiber	xx.xx	_____	grams
Cholesterol	xx.xx	_____	milligrams
Calcium	xx.x	_____	milligrams
Iron	xx.xxx	_____	milligrams
Sodium	xx.x	_____	milligrams
Vitamin C	x.xx	_____	milligrams
Vitamin A	x.x	_____	IU
Fat change (+/-)*	xxxx	_____	% N/A
Moisture change (+/-)*	xxxx	_____	% N/A

\* If available

(OVER)

## Instructions

### Submission of Nutrient Data to the Local Education Agency from the Food Manufacturer

A value must be submitted for each required nutrient per serving, edible portion, in the unit of measure indicated, and to the number of decimal places indicated on the form. If a food item does not contain a specific nutrient, enter zero. Do not leave any spaces blank on the data submission form. If any required nutrient values are missing, the food product can be entered into the local database, but the missing nutrient values must be marked as “missing,” rather than zero.

Nutrient data are to be submitted on the “as served” basis for any food that does not have ingredients added in preparation or fat absorbed during preparation.

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Nutrient data are to be submitted on the “as purchased” basis for 1) any foods that have ingredients added in preparation, such as milk, eggs, and oil added to baked product mixes; 2) foods that have varying preparation methods, i.e., bake or fry; 3) foods that are prepared by frying; and 4) any food that gains or loses moisture during preparation. Additional data are required for “as purchased” nutrient data submissions.

If a food item gains or loses fat during preparation, provide the percentage of fat gain or loss when the product is prepared \_\_\_\_\_ +/- change.

Second, if a food item gains or loses moisture during preparation, provide the percentage of moisture gain or loss when the product is prepared. \_\_\_\_\_ +/- moisture change.

Fat may be gained or lost in cooking some foods, thereby changing the caloric value of food. Methods of preparation such as breading, frying, or baking affect this fat gain or loss. For example, chicken baked in the oven will lose fat during cooking, while batter-coated or breaded chicken that is deep-fried will gain fat during cooking. If fat is absorbed or gained, calories will be increased. If fat is lost, calories will be decreased. In recipes where a fat gain or loss occurs, the fat changes are limited to those ingredients that are cooked together. For example, a fat gain occurs in deep-frying of French fries because fat is absorbed by the ingredients in the food item. Fat is lost from a broiled hamburger patty in which the fat has been drained.

This information will be used to develop and analyze the nutritional content of the recipe and will allow each Local Education Agency to prepare the food products according to regional preference.